

Obesity and Hispanic/Latino Americans

 minorityhealth.hhs.gov/obesity-and-hispaniclatino-americans

Obesity is a long-term health condition defined as having an excessive accumulation of body fat that poses a risk to our health. It is commonly identified in adults with a Body Mass Index (BMI) of 30 or higher, and children with a BMI at or above the 95th percentile for their sex and age.

Having too much body fat can cause inflammation and other lasting changes in the body. Obesity raises the risk of many serious health problems for both children and adults. The risk is higher with the more weight a person has and the longer they carry it for. In children and adults, obesity increases the chance of health problems, such as high blood pressure, heart disease, type 2 diabetes, liver disease, and some forms of cancer, among other health problems. Eating healthy foods, being physically active, and managing stress can help prevent obesity and support better overall health.

In 2024, Hispanic/Latino adults were **12% more likely** than U.S. adults overall to have obesity.

In 2023, Hispanic/Latino high school boys were **35% more likely**, and girls were **4% more likely**, than their peers to have obesity.

In 2018, Hispanic/Latino adults were **10% less likely** than U.S. adults overall to meet national guidelines for aerobic and muscle-strengthening activity.

Occurrence

Adults

Adults ages 18 and over who were obese (Body Mass Index (BMI) of 30.0 or greater), percentage, 2024

Hispanic	Total Population	Ratio (Hispanic / Total)
37.5	33.4	1.12

Source: U.S. Centers for Disease Control and Prevention, National Center for Health Statistics. (2025). *Interactive summary health statistics for adults: Percentage of obesity for adults aged 18 and over, United States, 2024*. U.S. Department of Health and Human Services.

Adults ages 18 and over who were overweight but not obese (BMI of 25.0–30.0), age-adjusted percentage, 2018

	Hispanic	Total Population	Ratio (Hispanic / Total)
Male	41.4	39.9	1.04
Female	31.4	28.4	1.11
Both Sexes	36.2	34.0	1.06

Source: U.S. Centers for Disease Control and Prevention, National Center for Health Statistics. (2019). *Summary health statistics: National Health Interview Survey, 2018* (Table A-15a). U.S. Department of Health and Human Services.

Children and Adolescents

Children ages 6–11 who were obese, percentage, 2015–2018

	Hispanic	Total Population	Ratio (Hispanic / Total)
Boys	27.5	20.9	1.32
Girls	25.6	17.7	1.45
Both Sexes	26.6	19.3	1.38

Source: U.S. Centers for Disease Control and Prevention, National Center for Health Statistics. (2023). *Health, United States 2019* (Table 27). U.S. Department of Health and Human Services.

Students in grades 9–12 who were overweight, percentage, 2023

	Hispanic	Total Population	Hispanic / Total Population Ratio
Male	15.4	14.3	1.08
Female	17.1	15.2	1.13
Both Sexes	16.2	14.7	1.10

Source: U.S. Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System. (2024). *1991-2023 High School Youth Risk Behavior Survey data: High school students who were overweight*. U.S. Department of Health and Human Services.

Students in grades 9–12 who were obese, percentage, 2023

	Hispanic	Total Population	Ratio (Hispanic / Total)
Male	24.6	18.2	1.35
Female	14.0	13.4	1.04
Both Sexes	19.5	15.9	1.23

Source: U.S. Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System. (2024). *1991-2023 High School Youth Risk Behavior Survey data: High school students who had obesity*. U.S. Department of Health and Human Services.

Risk Factors for Complications

Adults ages 18 and over who did not meet federal physical activity guidelines for either aerobic activity or muscle-strengthening, age-adjusted percentage, 2018

Hispanic	Total Population	Ratio (Hispanic / Total)
49.5	42.3	1.17

Source: U.S. Centers for Disease Control and Prevention, National Center for Health Statistics. (2019). *Summary health statistics: National Health Interview Survey, 2018* (Table A-14a). U.S. Department of Health and Human Services.

Adults ages 18 and over who were sufficiently active (met aerobic activity guidelines only), age-adjusted percentage, 2018

Hispanic	Total Population	Ratio (Hispanic / Total)
47.8	54.2	0.88

Source: U.S. Centers for Disease Control and Prevention, National Center for Health Statistics. (2019). *Summary health statistics: National Health Interview Survey, 2018* (Table A-14a). U.S. Department of Health and Human Services.

Adults ages 18 and over who met federal physical activity guidelines for aerobic activity and muscle-strengthening, age-adjusted percentage, 2018

Hispanic	Total Population	Ratio (Hispanic / Total)
21.6	24.1	0.90

Source: U.S. Centers for Disease Control and Prevention, National Center for Health Statistics. (2019). *Summary health statistics: National Health Interview Survey, 2018* (Table A-14a). U.S. Department of Health and Human Services.

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